

AEROBICS/SPORTS/LEISURE

Cardio/Kickboxing w/Mary Jo (10 classes)

Combination of aerobics, plyometrics, step aerobics and high energy kickboxing. Fun filled, calorie burning hour.

Dates: Sat., 10:30-11:30 a.m., Jan. 16-Mar. 20

Location: Friendship Center, Room 118

Fee: \$36R/\$41NR/\$30M (#10975)

Saturday Morning Cardio Pump w/Kim (10 classes)

Use all forms of fitness in a cardio way. Stretch, tone and re-shape. All fitness levels.

Dates: Sat., 9:30-10:30 a.m., Jan. 16-Mar. 20

Location: Friendship Center, East Annex

Fee: \$38R/\$41NR/\$30M (#11016)

1-on-1 Mat Pilates w/Terri (6 sessions)

Personal, one-on-one training available. (1/2 hour sessions.)

Dates: By appointment

Location: Friendship Center, Room 112

Fee: \$220R/\$225NR/\$200M (#11069)

Mobile Mommy Wheelies w/Ursula (6 classes)

Workout with your little ones in strollers. Strength training, sculpting and cardio to help mom shape up.

Session I: Thurs., 9:30-10:15 a.m., Jan. 14-Feb. 18 (#11042)

Session II: Thurs., 9:30-10:15 a.m., Feb. 25-Apr. 1 (#11043)

Location: Friendship Center, Gym #2

Fee: \$54R/\$57NR/\$45M

Intro. to Ballroom Dance w/Lisa (4 classes)

Class will be introduced to waltz, fox trot, rumba and swing. Stop being a wallflower and join the fun. Easy to learn — hard shoes recommended, not required.

Dates: Mon., 7:30-9 p.m., Jan. 11-Feb. 1

Location: Friendship Center, Room 106/109

Fee: \$68R/\$73NR/\$55M per cpl. (#11103)

Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.

Dates: Tues., 3-4 p.m., Jan. 12-Mar. 16

Location: Friendship Center, Room 118

Fee: \$42R/\$52NR/Free to Members! (#11032)

Fibromyalgia w/Dr. Homza (16+)

Different types, common causes, and proper management of this chronic problem.

Date: Thursday, January 7, 6-7 p.m.

Location: Friendship Center, Room 109

Fee: Free to public — must pre-register! (#11129)

Intro. to Polka w/Capital City Polka Dancers (6 classes)

Stop being a wallflower and join the fun. Easy to learn — hard shoes recommended, not required.

Dates: Sun., Jan. 10-Feb. 21, 3-5 p.m.

Location: Friendship Center, Room 118

Fee: \$26R/\$29NR/\$20M (#11075)

Stay Fit While You Sit w/Dr. Scott LeVan (Ages 18+)

Tight shoulders? Headaches? Eyestrain? Pain getting out of the chair? “Tame the Computer Monster.”

Date: Tuesday, January 5, 6-7 p.m.

Location: Friendship Center, Room 109

Fee: Free to public — must pre-register! (#11065)

Financial Planning w/Waddell & Reed

A workshop that will assist you with financial advice.

Financial Concepts 101: Thursday, January 7, 7-8:30 p.m.

Location: Friendship Center, Room 112

Fee: \$3R/\$5NR Free to members! (#11119)

Tai Chi Simplified w/J. Jackson (18+/no age limit!) (10 classes)

Learn the Tai Chi 27 short form movements based on the Yang Style Tai Chi. Soft high movements with emphasis on posture, balance, and breathing naturally in rhythmic harmony. Benefits of Tai Chi practice are stress control, tension release, stimulation of the mind, improved concentration focus/coordination, promotion of a general sense of well-being and keeping flexible. Wear loose clothing and flat-soled footwear.

Dates: Thurs., Jan. 14-Mar. 18, 10-11 a.m.

Location: Friendship Center, Room 118

Fee: \$100R/\$105NR/\$80M (#11116)

Tai Chi Style Essential w/J. Jackson (18+/no age limit!) (10 classes)

Learn the Tai Chi 18 low form movements based on the Chen Style. Low movements done w/balance of fast and slow, hard and soft with spiraling movements for the cultivation of tranquility w/explosive power w/natural breathing. Benefits include stress control, tension release, stimulation of the mind, improved concentration focus/coordination, promotion of a general sense of well-being and keeping flexible. Wear loose clothing and flat-soled footwear.

Dates: Thurs., Jan. 14-Mar. 18, 7:30-8:30 p.m.

Location: Friendship Center, Room 118

Fee: \$100R/\$105NR/\$80M (#11117)

ADULT SPORTS/LEISURE (CONT.)

Beginner Spanish w/Bella (Ages 18+) (10 classes)

Interactive class learning four skills of reading, writing, listening and speaking.

Dates: Wed., 7-8 p.m., Jan. 13-Mar. 17

Location: Friendship Center, Room 106

Fee: \$96R/\$101NR/\$80M (#11005)

Intermediate Spanish w/Bella (Ages 18+) (10 classes)

For those with some basic knowledge or prior classes.

Dates: Thurs., 7-8 p.m., Jan. 14-Mar. 18

Location: Friendship Center, Conf. Room

Fee: \$96R/\$101NR/\$80M (#11004)

"All You Can Eat" Weight Loss Program w/Bentz

No weighing or measuring. Heart healthy! Over 40 carb choices to eat from and 30 protein portions. Simple easy steps with 10 page booklet to help you succeed! Plus 2 consultations.

Dates: By appointment

Location: Friendship Center

Fee: \$84R/\$89NR/\$70M (#11090)

Health & Wellness Seminar w/Eileen Badman (Ages 18+)

Everyone needs to eat but your food choices can not only help determine your health and well being but also your longevity.

Date: Monday, January 4, 7-8:30 p.m.

Location: Friendship Center, Room 106

Fee: \$20R/\$23NR/\$18M (#11061)

The Exclusive "Max Makeover" w/Bentz

16 week program which includes fitness/nutrition coaching, body fat testing, fitness assessment, exercise prescription, free nutrition plan, customized exercise DVD, nutrition book and training log.

Date: TBA

Location: Friendship Center

Fee: TBA (#11089)



The blueprints and model of the Friendship Center.

18 Movement QIGONG w/Gigi (4 classes) NEW

Like Tai Chi, its cousin: QiGong energy movement is a practice that is easy to learn. The practice combines gentle movement, conscious breathing and focused mental images. Benefits may improve health/stress with more energy and focus, less anxiety, achy joints.

Dates: Wed., 5-6 p.m., Feb. 10-Mar. 3

Location: Friendship Center, Room 112

Fee: \$55R/\$60NR/\$45M (#11135)

Pick-Up Volleyball (Ages 18+) (10 weeks)

Informal play. No organized teams permitted.

Must Pre-Register! Limited space. Coed.

Dates: Wed., 7-9 p.m., Jan. 13-Mar. 17 (#10967)

(beg./intermediate recreational fun)

Wed., 7-9 p.m., Jan. 13-Mar. 17 (#10970) (advanced)

-OR- Sat., 9:45-11:15 a.m., Jan. 16-Mar. 20 (#10968)

-OR- Mon., 7:45-9:45 p.m., Jan. 11-Mar. 15 (#10969)

Location: Friendship Center, Gym #2/#3

Fee: \$60R/\$65NR/Free to members!

Adult Men's Open-Rec Basketball (18+) (10 weeks)

Pick-up program for fun/exercise. Call own fouls. Must pre-register! Space is limited.

Dates: Thurs., 7-9 p.m., Jan. 14-Mar. 18 (#10973)

-OR- Sat., 8-9:30 a.m., Jan. 16-Mar. 20 (#10974)

Location: Friendship Center, Gym #2/#3

Fee: \$60R/\$65NR/Free to Members!

Women's Strength Training w/Bentz (Ages 18+) (8 classes)

Tone, shape and define your body, boost energy and metabolism and maintain or improve bone density. The class will maximize results and safety by focusing on proper form and technique.

Dates: Tues., 7-8 p.m., Jan. 12-Mar. 2 (#11096)

OR- Thurs., 7-8 p.m., Jan. 14-Mar. 4 (#11097)

Location: Max Fitness, 3401 N. 6th St. Harrisburg

Fee: \$65R/\$70NR

Smoothie Success/The Family Wellness Center

Create delicious smoothies that can double as a meal in a glass. Learn how to create smoothies to balance your blood sugar and get your breakfast off to a great start.

Date: Monday, January 4, 6-7:30 p.m.

Location: Friendship Center, Room 109

Fee: Free to public! Must pre-register! (#11134) NEW

Trivia #5: How many square feet was the Friendship Center before the addition of the East Annex?

ADULT SPORTS/LEISURE (CONT.)

Living A Purposeful New Year w/Gigi (Ages 18+) (4 classes) NEW

Feeling purposeful stokes the fire which propels you forward through life. Having a purpose can create wonderful blessings, excitement, new challenges. Who is this class for? Anyone open to self awareness work clearer on life direction.

Dates: Wed., Feb. 10-Mar. 3, 6:30-7:30 p.m.

Location: Friendship Center, Room 112

Fee: \$68R/\$70NR/\$55M (#11136)

Ningxia RED w/Pam (Ages 18+) NEW

Come experience Ningxia Red, a naturally delicious, nutrient-infused wolfberry drink that will energize, fortify and replenish your body. It has a high level of naturally occurring, age-defying S-ORAC activity to help support immune function, cardio health and eyes.

Date: Tuesday, January 5, 6-7 p.m.

Location: Friendship Center, Room 112

Fee: Free to the community! (#11092)

"Essential 7 Kit" w/Pam (Ages 18+) NEW

An intro to Essential Oils featuring Young Living Grade Essential Oils "Essential 7 Kit." Learn and experience what essential oils can do. The use of oils date back many years in everything from perfumes to medicinal and ceremonial purposes. Learn about methods of use as well as the health and wellness benefits.

Date: Tuesday, January 5, 7-8 p.m.

Location: Friendship Center, Room 112

Fee: \$7R/\$10NR/Free to members! (includes materials) (#11094)

Fitness Assessment w/Wellness Coach

Help set your goals by having assessment done — included are heart rate, body fat %, step, flex, push-up and 1/2 sit up tests.

Dates: TBA

Location: Friendship Center

Fee: \$15R/\$18NR/\$12M (#10991)

Monavie - "The Juice" Presentation

A blend of the Brazilian Acai Berry and other nutrient-dense fruits from around the world. They deliver the phytonutrients and antioxidants to maintain a healthy and active lifestyle. Come taste the product and hear what it can do for you.

Date: Wednesday, January 6, 7-8 p.m.

Location: Friendship Center, Room 106

Fee: Free to public — must pre-register! (#11101)



American Heart Assoc. Heartsaver CPR/AED Certification (Ages 14+) NEW

Covers Adult/Child/Infant CPR with mask, AED, and choking. Participants must pick up manual for some review prior to class start. (Books available Feb. 13)

Date: Sat., February 20, 8:30 a.m.-12:00 p.m.

Location: Friendship Center, Room 112

Fee: \$55R/\$58NR/\$44M (#11137)

Taming Sugar Cravings Workshop w/The Family Wellness Center (register as of 11/15) NEW

Presentation on basics of taming those cravings-a sneak peek at the January Class.

Date: Monday, December 14, 6-7:30 p.m.

Location: Friendship Center, Room 109

Fee: Free to public! Must pre-register! (#11138)

Taming Sugar Cravings Class w/The Family Wellness Center (6 weeks) NEW

Learn how to eliminate sugar cravings that wreck havoc on controlling your appetite or stabilizing your mood. Lively workshop teaches participants how to end compulsive eating once and for all!

Dates: Wed., 5:30-7:30 p.m., January 13-Feb. 17

Location: 1000 Briarsdale Rd., Suite A

Fee: \$40R/\$50NR (#11139)

PERSONAL TRAINING

BENTZ, DAVE, KAREN, LORI, & URSULA
CERTIFIED FITNESS PROFESSIONALS
FOR PERSONAL TRAINING.

FEE:

\$42 Member/\$47 Non-Member (per hour)
 \$29 Member/\$34 Non-Member (per 1/2 hour)

New Buddy Training System ***(2 people w/trainer)***

FEE:

\$32 per Member/\$37 per Non-Member (per hour)
 \$23 per Member/\$28 per Non-Member (per 1/2 hour)

New "6 pack" training card ***(purchase 6 at one time)***

FEE:

\$174 Member/\$204 Non-member (per 1/2 hour)
 \$252 Member/\$282 Non-member (per hour)

Call 657-5635 for more information.

HIGHMARK



Eat Well for Life I (4 classes)

A lifestyle improvement program promoting wellness and long term weight management through nutrition, physical activity, and stress management. Materials available for \$15 for Non-Highmark Members the first day of class.

Dates: Sun., 3:30-5 p.m., Jan. 10-31

Location: Friendship Center, Room 112

Fee: \$55R/\$60NR/\$50M (#11124)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Eat Well for Life II w/Mary Jo (4 classes)

The second level of the lifestyle improvement program promoting nutrition, physical activity and stress management. Materials available for \$15 for Non-Highmark Members the first day of class.

Dates: Sun., 3:30-5 p.m., Feb. 28-Mar. 21

Location: Friendship Center, Room 112

Fee: \$55R/\$60NR/\$50M (#11125)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Discover Relaxation Within I w/Gigi (6 classes)

A program designed to identify and reduce individual stressors through learned relaxation techniques.

Dates: Wed., 10-11 a.m., Feb. 10-Mar. 17

Location: Friendship Center, Conf. Room

Fee: \$55R/\$60NR/\$50M (#11091)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Discover Relaxation Within I w/Gary (4 classes)

A program designed to identify and reduce individual stressors through learned relaxation techniques.

Dates: Wed., 7-8:30 p.m., Jan. 13-Feb. 3

Location: Friendship Center, Conf. Room

Fee: \$55R/\$60NR/\$50M (#11133)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Trivia #6: For many years, Watercolor Painting Class of the Parks and Rec. Department featured a well-known local artist — who was it?

ADULT ARTS & CRAFTS

Drop 10 in 10 w/Lynn (10 classes)

An exciting program designed to help you lose 10 lbs. of body weight in 10 weeks through a progressive program of optimal nutrition, exercise and behavioral changes. No use of gimmicks, pills or potions!

Dates: Mon., 11-12 a.m., Jan. 11-Mar. 29

Location: Friendship Center, Conf. Room

Fee: \$55R/\$60NR/\$50M (#11144)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

ADULT ARTS & CRAFTS

Painting: Oil or Acrylic w/John (10 classes)

For those with wide range of experience. Involves glazing methods, impressionist/realist technique and some drawing. Request supply list.

Dates: Tues., 6:30-8:30 p.m., Jan. 12-Mar. 16

Location: Friendship Center, Room 106

Fee: \$80R/\$85NR/\$65M (#11100)

Tatting w/Judy (6 classes)

A knitting technique that is completed with a tatting shuttle. Simply a basic knot repeated over and over. Very easy. Call for supply list.

Dates: Monday, 10-11 a.m., January 11-Feb. 15 (#11088)*

OR-Thurs., 6-7 p.m., January 14-Feb. 18 (#11087)

Location: Friendship Center, Room 106/* Conf. Room

Fee: \$50R/\$53NR/\$40M

Digital Scrapbooking w/Michele

Learn how to get started making your own digital scrapbook. Laptops suggested, not required, as well as digital photos (30-60) for album. **Registration deadline is Dec. 28.**

Date: Tuesday, 7-9 p.m., January 5

Location: Friendship Center, Conf. Room

Fee: \$11R/\$14NR/\$8M (#11099)

